



What women of childbearing age should know about eating fish.

Fish are fun to catch and good to eat. Fish are healthy food – high in protein and low in fat.

But too much of a good thing can be bad for you. All fish contain some mercury, a contaminant. Eating too much mercury-contaminated fish can be harmful to your health and to your child's health. Chemicals found in fish are not known to cause immediate sickness, but chemicals can build up in the body over time.

Small amounts of mercury can damage a brain that is just starting to form and grow. That's why young children, babies in the womb and breast-fed babies are at most risk. Too much mercury may affect a child's behavior and lead to learning problems later in life.

How can I reduce my health risks and my child's health risks from mercury and other chemicals in fish?

- **Eat smaller, younger fish.**
- **Choose lean fish. These include panfish, such as bluegill, crappie, sunfish, and yellow perch.**
- **Choose fish that don't eat other fish. The large predator fish such as bass, walleye, northern pike, and muskie tend to have more chemicals.**

For more information about eating Wisconsin fish or to obtain a copy of the sport fish advisory, call the State Division of Public Health at 608-261-6875, call your local health department, or check out the Division's website at www.dhfs.state.wi.us or the Department of Natural Resources website at www.dnr.state.wi.us.

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Cov pojniam uas tiav niam tsimnyog yuav tau paub txog kev **noj ntse**s.

Ntse zoo nuv thiab zoo noj. Ntse yog zaub mov yug lub cev zoo – nws muaj nqaij puv (protein) thiab tsis muaj roj ntau kiag li.

Tiamsis yog noj ntau dhau hww kuj tsis zoo ib zaug rau koj lub cev thiab. Tagnrho txhua yam ntse nws muaj cov kua hlau mercury, yog raug tshuaj lom. Yog noj cov ntse raug cov tshuaj kua hlau mercury no nws yog ib qho tsis zoo rau koj lub cev thiab koj tus menyuam kev noj qab haus huv. Tej tshuaj uas kuaj tau los ntawm ntse tsis muaj qhov uas yuav ua rau kom yus mob tamsim ntawd, tiamsis tej tshuaj khesmis (chemicals) no ntev ntev mus nws yuav loj thiab huam rau hauv lub nrog-cev.

Ib qho kua hlau me me xwb yuav ua tau rau lub hlwb uas nyuam qhuav loj hlob kom puas taus.

Yog li ntawd cov menyuam yaus, menyuam uas tseem nyob hauv plab thiab cov menyuam mos-liab uas pub niam mis yog cov yuav raug cov mob no heev dua. Yog muaj cov kua hlau mercury no ntau dhau nws tsis zoo rau tus menyuam lub nrog-cev thiab tus yeebyam thiab yuav muaj teebmeem txog kev kawm rau yav tom ntej no.

Yog li ntawd kuv yuav ua cas txwv tau qhovno thiab txwv tau rau kuv tus menyuam txog cov kua hlau mercury thiab lwm yam tshuaj khesmis (chemicals) nyob rau hauv tej nqaij ntse?

- **Noj cov ntse me me, yog cov ntse mos.**
- **Xaiv cov ntse nqaij tshiab tshiab xwb. Cov no yog cov ntse xwsi bluegill, crappie, sunfish, thiab perch daj.**
- **Xaiv cov ntse uas tsis noj lwm yam ntse. Cov ntse loj li cov bass, walleye, northern pike, thiab muskie muaj tej tshuaj khesmis (chemicals) no ntau dua.**

Yog xav paub ntiv txog tej txheejlus noj ntse hauv xeev Wisconsin lossis xav tau ib daim qauv los ntawm lub rooj tuav kev nuv ntse, hu rau State Division of Public Health xovtooj yog 608-261-6875, hu rau cov tsoomhww hauv koj lub zos, lossis tshawb hauv lub cheebtsam loj Division lub website www.dhfs.state.wi.us lossis Department of Natural Resources lub website www.dnr.state.wi.us.

